

Gators sharpen readiness skills

Training aimed at fine-tuning 501st Forward Support Battalion Soldiers

By Petra Roberts

284th Base Support Battalion Public Affairs Office

The Gators are ready.

Members of Company A, 501st Forward Support Battalion, know their job may take them to an environment where they will be required to conduct the full spectrum of combat service support operations.

Recent Iron Warrior task and life support mission training helped Soldiers hone skills needed to fully support the 1st Armored Division's 1st Brigade. Tasks included communication skills training, NBC classes, handling of claymore mines and hand grenades and more.

During weeklong training at the Butzbach training area the Gators, particularly those new to the unit, learned hands-on lessons from their comrades who had already served in Iraq. Soldiers learned how to deal with civilians protesting against Americans in their country.

"These are situations we actually encountered a lot when we were deployed," said 1st Sgt. Luis Gonzalez. Gators received special training support from a group of teenagers living in the Roman Way Housing area in Butzbach who dressed up as Iraqis and protested against the American presence. The training was aimed at teaching Soldiers to remain calm and not to become subject to provocation.



Photo by Petra Roberts

Soldiers of Company A, 501st Forward Support Battalion, learn how to properly hook up cargo to a Blackhawk helicopter.

In addition to the exercises, the Gators also underwent helicopter sling load training. "This is excellent training for the Soldiers, getting them ready for deployment," said Gonzalez. "If a tank, for instance, needs a new engine, we take it to them by helicopter. Every Soldier has to know exactly what to do to support that important mission."

"In combat, tanks and other elements of the brigade cannot do without this air sup-

port," said Maj. David Wilson, Company A executive officer. "It makes the mission easier, faster and safer."

1st Lt. Nicole Pahnke said she enjoyed the training and the fact that female Soldiers work right alongside their male comrades.

"Without the support of the Forward Support Battalion, units could not sustain combat," said Capt. Kames Callis, Alpha Company commander.

"This training is exciting," said Spc. Nathan Nance. "When you have to actually do this in a combat situation, you will feel safe and know that you can do it."

"This virtual, real life combat replication training is conducted the same way as it would be done in combat," said Wilson. "You clear the area for the helicopter, secure it and create a safe zone for the operation."

2nd Lt. Miklos Vajda coordinated the training and operated the pick-up zone control station, a communications and operations station, guiding the pilots and instructing the Soldiers. "When we were deployed not only did we transport needed parts and supply material, but also the Soldiers' mail," said Vajda. "That was truly a boost of morale for the Soldiers."

During the training Alpha Company

was supported by the 2nd Battalion, 501st Aviation Regiment, 4th Brigade, with a Blackhawk helicopter. It benefited the pilots as well as training new crew chiefs during the exercise.

As the helicopter hovered what seemed to be just a few feet over the ground, Soldiers learned how to properly hook the cargo to be transported to the helicopter, using a static electricity grounding rod, a device necessary to deter static electricity from the individual Soldier while hooking the load onto the helicopter.

"I really enjoyed these last days of training," said Spc. Karly Fewins. "There is nothing like the rush of adrenaline when you hear these engines, especially the engines of tanks. I love it. This kind of training makes my day worthwhile."



Photo by Alexandra Williams

A 501st Forward Support Battalion Soldier lays a Claymore mine during training.

Federal Women's Month speaker says:

'Make a difference'



Photo by Petra Roberts

Brig. Gen. Rebecca Halstead addresses Giessen listeners.

Brig. Gen. Rebecca S. Halstead, commander of the 3rd Corps Support Command, speaks during the 284th Base Support Battalion's Women's History Month observance.

Halstead focused on personal courage and achievements of women through history. Women past and present have opened a new book on the shaping of the world through personal, social and spiritual courage which influenced men and women of all walks of life, she said. Halstead also talked about the important role of women in the military and the difference they make in the lives of women in other countries including Iraq.

"In certain situations ask yourself — 'Would I have possessed the personal courage?' If not, ask yourself if there is something missing in your life," she said. "Don't miss the opportunity to make a difference in someone else's life or to even make that change in the future."

284th BSB – Friedberg, Giessen

Counselor aims to ‘help resolve complaints’

By Petra Roberts

284th Base Support Battalion Public Affairs Office

Sharon Johnson, a new Equal Employment Opportunity counselor for the 284th Base Support Battalion, said she is excited about having the chance to serve the community.

“It is important to me to be able to make a difference in the lives of others in the community by helping them resolve complaints at the lowest level informally and to the satisfaction of all parties,” Johnson said.

As a trained and certified counselor Johnson can perform a number of roles within the Base Support Battalion. She will serve as the initial point of contact for individuals who feel they have been discriminated against based on Title VII of the Civil Rights Act of 1964 as amended.

Steve Matkowsky, 284th BSB Equal Employment officer, said he counts on the support he gets from his counselors, who are in various directorates throughout the BSB. “The counselors can be contacted by individuals who seek information concerning the EEO process and referral,” Matkowsky said. “They assist in attempting resolution of an employment-related issue at the earliest stage



Photo by Petra Roberts

EEO counselor Sharon Johnson talks to a customer to help him resolve an issue.

of the EEO process.”

Training to become a counselor is extensive, Matkowsky said. “During the training

the future counselors learn EEO law and Army regulations, resolution and interview techniques, define claims and bases for dis-

crimination, information gathering process, interview witnesses and EEO report writing methods.”

“You are part of the system to help the employees and you can communicate expectations,” said Lt. Col. Bart Shreve, 284th BSB commander, as he presented Sharon with her qualifying certificate.

Once an informal complaint has been filed the fact and document gathering process is conducted. At the conclusion of the fact gathering the counselor conducts a final interview with the aggrieved and issues a right-to-file notice. The counselor then prepares a written report of the facts related to the case.

When there is a conflict of interest complaint within another base support battalion or within an area support group, other EEO counselors from outside the organization can be used to resolve or process the informal complaint. As an EEO counselor Johnson will also support EEO climate assessment surveys, serve as a member of the EEO quarterly committee and the garrison special emphasis program.

For more information or advice about Equal Employment Opportunity call mil 343-8520.

Learning the martial art of wing chun

Fitness center features self-defense training

Most everyone has heard of kung fu, karate or some of the other Chinese fighting techniques.

One of the more sophisticated styles is wing chun — a Chinese martial arts system with an emphasis on unarmed close-range fighting including weapons techniques. In comparison to other martial arts systems, wing chun is relatively young using techniques developed some 300 years ago.

“In a fight a lot of the time your opponent will be bigger than you, stronger than you or both,” said Renardo Reed, wing chun instructor in the 284th Base Support Battalion.

Wing chun teaches economy of energy and structure, which results in believing in the importance of not confronting your attacker’s force directly, Reed said. Instead, wing chun enables a person to use an attacker’s force against him or her. “Wing chun works for people of any size,” he said.

Reed trains 14 students on a weekly basis at Giessen Miller Hall Fitness Center.

“Before I trained in wing chun, I tried different martial arts systems,” said Katharina Schneider, a wing chun student of five months. “For me, the wing chun system takes me to another level of martial arts.”

“If you would like to study wing chun kung fu you do not need to be very athletic or big and strong,” said Reed. “Wing chun is



Photo by Renardo Reed

Katharina Schneider (left) and Alexandra Williams challenge their skills during a wing chun training session. Classes meet Monday and Thursday at the Miller Hall Fitness Center.

a combative art that teaches you to learn how to defend yourself and make you a better fighter. Simply put, wing chun in my opinion is probably the most practical style out there in the martial arts world.”

Wing Chun is named after Yim Wing Chun, a female student of Shaolin nun Ng Mui — the first female student to learn the art.

“Perhaps women think it is too hard to learn, but I feel that if women knew about wing chun, more women would be encouraged to learn,” said Alexandra Williams, another student. “Certain things like kicks, for

example, are much easier to do for women, because they are naturally more flexible than men.”

“It can be very helpful to defend yourself in case you have to,” said Schneider. “It also improves your attitude and strength, and you stay in shape without torturing yourself on workout machines or in aerobics classes. If you really put all your heart and energy into training, if you are serious about it, then you’ll be surprised how much you can do as a woman.”

“You can start wing chun at any age,

without any prior knowledge of martial arts,” said Williams. “You learn at your own pace and you will realize how your self-confidence grows after each class of practicing new drills.”

All wing chun techniques have a practical purpose, Reed said. “Wing chun is not just a collection of unrelated techniques. It has a core set of guiding principles which allows practitioners to decide the correct wing chun practice, keeping it a pure and integrated fighting system yet allowing direction for growth which is consistent with its principles.”

“We are a group of various backgrounds, ages, nationalities,” said Williams. “In wing chun there is no competition between men and women or between beginners and advanced students as we are all brothers and sisters. Everybody helps everybody.”

Wing chun is practiced in 34 countries including Switzerland, Saudi Arabia, South Africa and Poland.

“It is my duty as an instructor to carry on the tradition, to pass on the art as I have learned it, to develop and instill in my own students a feeling of pride in the system they have inherited and raise the skills of wing chun to even greater heights,” said Reed who trained in Taiwan under the tutelage of Grand Master Lo Ma Kam and has been a wing chun practitioner and certified representative of wing chun since 1985.

Students are always welcome to join the classes which meet every Monday and Thursday from 6-8 p.m. at the Miller Hall Fitness Center. Call mil 343-7201 for more information.

Consultants offer help to Soldiers, families

Civilian Soldier and Family Life Consultants at Giessen and Friedberg Army Community Service are available to assist Soldiers and their families in adjusting to military life in Germany. The need for SFLC services was driven by the extended deployment of Soldiers from the 104th Area Support Group in Iraq in May 2004. The Office of the Secretary of Defense recognized the need for providing informal support for affected families and Soldiers. A team

of civilian professionals was brought in for a month period and was so well received the program was extended.

The success of the program has resulted in a Defense Department initiative to replicate the 1st Armored Division pilot program in the United States and Korea.

SFLC consultants provide career safe interventions, education and support services to military personnel and family members. The services are totally confidential and anonymous.

If someone is a threat to others or himself the consultants have a duty to warn.

Reunion, reintegration and redeployment can be extremely stressful, officials said. SFLC consultants are available to support Soldiers and their families without the counseling impacting on their careers.

For more information about SFLC services call Giessen ACS at mil 343-7618 or Friedberg ACS at mil 324-3465.

‘Die Brücke’ helps youths learn about Easter customs



Members of the German-American club, “Die Brücke,” helped American youths learn more about the German art of egg design by holding a class in the Giessen Chapel.

Under the watchful eyes of the club members, the American youngsters used wooden and chicken’s eggs to create handcrafted decorations.

The class was educational for adults as well, as they learned how

Anthony Johnson paints an egg during the class.

to dye eggs using all natural ingredients such as ebony, onion peel, walnut bark, brazil nuts and other items.

In the 12th century the requirement to fast led to the custom of blessing eggs at Easter time. The practice of coloring the eggs dates back to the same period and was probably intended to show which eggs had been blessed and which had not.

The colored Easter eggs which children enjoy hunting for on Easter morning symbolize Christ’s resurrection — the egg symbolizing

new life.

In the past there was also a church-imposed ban on the consumption of eggs and egg dishes during Lent, which resulted in large quantities of eggs being accumulated in the weeks before Easter.

Some references to the tradition of hiding and searching for Easter eggs date back to the 17th century, which is also the time when the Easter bunny first appeared. It was his task to “deliver” the Easter eggs in Protestant families.

In the 19th century, industry took a leading role in promoting the

Easter bunny, which became firmly associated in children’s minds with the delivery of Easter eggs.

The colorful eggs decorated by the children of the 284th Base Support Battalion, are reminders of these historical traditions.

During the upcoming spring break School-Age Services Giessen, Bad Nauheim, Friedberg and Butzbach will consolidate activities during the week of April 11-15 featuring various spring-related programs. An egg hunt will be held April 15. Call civ (06033) 65961 for details on time and location.

284th BSB – Friedberg, Giessen

Community spotlights

Babysitter training

Child Development Services offers babysitting training for teens age 12-15 April 13 from 8 a.m. to 4 p.m. at the American Red Cross located in Building 3 on the Giessen Depot. Cost is \$22 including course book and babysitter kit. Registration and payment deadline is April 8. Call civ (0641) 402-8216.

On-site services

The Central Registration Office provides on-site services for payments and registrations April 3 at the Butzbach Child Development Center, April 6 at the Bad Nauheim CDC and April 7 at the Friedberg CDC from 9 a.m. to noon. Call mil 343-8216 or civ (0641) 402-8216.

Parenting, drama, art, newborn classes

Friedberg Child Development Center conducts a free **parenting class** every second Wednesday from noon to 1 p.m. Child care for

this hour is free. Friedberg School-Age Services offers a **drama class** May 2 to June 15. The class will be held Mondays and Tuesdays from 3-4:30 p.m. at the Friedberg SAS. A **fine arts drawing class** will be held every Tuesday from 3-4:30 p.m. at the Friedberg SAS May 3-31. For more information on these classes call mil 324-3137 or civ (06032) 803 803. Giessen Army Community Service hosts a newborn care class April 16 from 10 a.m. to 3 p.m. The class includes information on newborn care procedures, nutrition, breastfeeding and common concerns. Call mil 343-8076 or civ (0641) 402-8076.

DARE/SNAP fundraiser

A fundraiser will take place April 1 at 3 p.m. next to Building 115 on the Giessen Depot or at the Fire Department in case of inclement weather. Key leaders and other personnel from the 284th Base Support Battalion



Frog crossing

Drivers are asked to be on the lookout for these signs indicating an abundance of amphibians crossing roads especially in forest and meadow areas. Some roads are also closed at night to safeguard the animals.

ion will participate in this event. Funds raised will be used to support the Drug Abuse Resistance Education program and the Safe Neighborhood Awareness National Night Out. Call Sgt Green or Luz Medeiros at mil 343-8602.

German health care

Soldiers and family members accessing medical care at local German facilities after duty hours, on weekends and holidays must report these visits on the next duty day to the Tricare Service Center in Friedberg or the Butzbach Health Clinic. If an ambulance is needed call the Military Police Desk in Friedberg at civ (06031) 81-3447 or Giessen at civ (0641) 402-8601.

Barbecuing rules

Barbecues on balconies, a leading cause of fires, are strictly prohibited in housing areas. The best bet alternative for an enjoyable and safe barbecue is to hold it in the picnic pavilions located in the housing areas. For safety reasons stay at least 10 feet away from any building and ensure the grill is completely cooled before storing it.

Keller Theater musical

Giessen's Keller Theater presents "Aspects of Love," a musical by Andrew Lloyd Webber, April 1, 2, 7-9 and 14-16 at 7:30 p.m. Call mil 343-6515 for tickets.

ACAP workshops

Giessen's Army Career and Alumni Program holds a **Veterans Affairs benefits briefing** April 1 in the Education Center in Building 7 on the Giessen Depot. Soldiers within one year of their ETS may sign up for the briefing. A **Transition Assistance Program Workshop** takes place April 5-6 in Friedberg. ACAP offers monthly job assistance workshops, automated job search tools and job assistance counseling. Call Claire Sowinski at mil 343-9332.

Hearts and Hands

The Hearts and Hands Community Club sponsors bingo at Butzbach Elementary School April 1 and 22 at 7 p.m. Super bingo takes place May 20 in the Alpine Catering Center on the Giessen Depot at 7 p.m. Doors open at 6:30 p.m.

AFTB classes

Army Family Team Building holds a Level III class April 5-6 from 9 a.m. to 2 p.m. A Level I class will be held April 18-20 from 6-8 p.m. Classes will be conducted at the Training Center in Building 6543, Apartment 3C in Butzbach's Roman Way Housing. Call Giessen ACS at mil 343-6240 or Friedberg ACS at mil 324-3465.

Tax Center/Claims

The Friedberg Tax Center is located in Building 3635, Rooms 112-114 on Friedberg's Ray Barracks. The center is open Monday to Friday from 9 a.m. to 5 p.m. Call mil 324-2277. The Claims Center is located in Building 3611, Room 304 and is open Monday to Wednesday and Friday from 9 a.m. to noon for walk-ins and from 1-5 p.m. for appointments only. It is closed Thursday mornings and opens from 1-5 p.m. for walk-ins. Call mil 324-3864/3865 for details. The Giessen Claims Center is located in Building 7, second floor in Room 231 on the Giessen Depot and is open Thursday and Friday from 9 a.m. to noon and from 1-3 p.m. for walk-ins. For more information call mil 343-8269.

Honoring volunteers

A Volunteer Recognition Ceremony will honor individuals who

dedicate their time and talents to the community April 21 at 6 p.m. in the Alpine Catering Center on the Giessen Depot. All volunteers must be registered with the 284th Base Support Battalion Army Volunteer Corps coordinator to be eligible for recognition. For more information call Kelly Kreis at mil 324-3465 or civ (06031) 81-3465.

Education news

Giessen Education Center offers a **FAST class** April 4-22 from 9 a.m. to 12:40 p.m. For more information and to register call mil 343-8225/7152.

University of Maryland University College representatives will be at Butzbach ACS Thursdays from 9 a.m. to 1 p.m. A **course about American society** will be offered April 2-3, 16-17, 30 and May 14-15. A weekend seminar, **psychology of superstition**, will be held April 9-10. Call mil 343-7500 or civ (0641) 402-7500 for details.

Central Texas College will conduct an **automotive service and repair class** starting April 6 on Mondays, Wednesdays and Fridays from 5:30-9:30 p.m. covering operations, hydraulic principles and circuits of modern transaxles. Call mil 343-7224.

Friends of the Lodge

Many members of the Masonic Fraternity are unaware there is a lodge that meets in Giessen — the Friends on the Lahn Lodge 860, a member of the Grand Masters and Grand Secretary's of North America Conference. Meetings are held the first Thursday of the month at 6 p.m. Call civ (0641) 402-6579 for details.



Photo by Petra Roberts

Marathon men

Capt. Matthew Jemmott, director of Emergency Services for the 284th Base Support Battalion, and Lt. Col. Bart Shreve, 284th BSB commander, discuss the experience of having run the Rome Marathon March 13. They are among a group of military runners who regularly participate in races. For information about upcoming German marathons visit these websites: www.marathon-hamburg.de Hamburg April 24, www.mittelrhein-marathon.de on the Rhein River June 19, www.koeln-marathon.de Cologne Sept. 11, www.bodensee-marathon.de on Lake Constance Sept. 17 and www.frankfurt-marathon.de Frankfurt Oct. 30.

414th BSB – Büdingen, Hanau

Community notes . . . Community notes

ACS Employment Readiness Program

An **orientation** is conducted every Tuesday from 10-11:30 a.m. The orientation will also be offered on April 21 from 11 a.m. to noon in Büdingen, Building 2207 on Armstrong Barracks. Learn how to create a **resume** at a workshop scheduled for April 20 from 10-11:30 a.m. Would you like to sharpen your interviewing skills? Attend the **Interview Techniques** workshop on April 14 from 10-11:30 a.m. Have you been invited for an interview but don't know what to wear? Determine what is appropriate for an interview at a **Dress for Success** workshop on April 13 from 10-11:30 a.m. All Hanau classes are held at Army Community Service, Building 19, Room 28 on Pioneer Kaserne. Call mil 322-9191 or civ (06181) 88-9191 for details.

USO highlights

USO has received 100 tickets for the **Holiday Park** in Hassloch for a discount price of €19 per person (regular fee is €22). Stop by the USO, Building 19 on Pioneer Kaserne to purchase a ticket.

USO co-sponsors the first **Miss Hanau 2005 Beauty Pageant**. The pageant will be held Oct. 1 and 8 in the categories pre-teen (10-12 years), junior teen (13-15 years), teen (16-19 years) and miss (20-25 years). The preparatory course will start May 4; it will be held once a week on Wednesday at the Five Pfennig Playhouse, Building 405 on Old Argonner Kaserne from 5:30-7 p.m. The enrollment for the pageant and program is ongoing at the USO, Building 19 on Pioneer Kaserne.

A **Salsa Level 1 dance class** will be held throughout April and May on Saturday from 1:30-2:30 p.m. (eight meetings). All dance classes take place at the Five Pfennig Playhouse Dance Studio, Building 405 on Old Argonner Kaserne.

A basic **German course** will be held at the USO, Building

19, Pioneer Kaserne on Tuesday and Thursday in April (eight meetings) from 7-8 p.m. The course is an introduction to the German language and will center on common German conversations. It will also include information about German culture and "must see" destinations. To register or for more information on any of these activities stop by the Hanau USO, Building 19, Pioneer Kaserne or call mil 322-8725, civ (06181) 88-8725.

ACAP briefings and workshops

ACAP conducts pre-separation briefings and job assistance workshops April 12-13 and 26-27 in Building 11, Room 302 on Hanau's Pioneer Kaserne. Public law requires the attendance of a pre-separation briefing no later than 90 days before separation date. Soldiers are encouraged to begin as early as one year before ETS or two years before retirement. Spouses are encouraged to attend as well. Sessions fill up quickly — call mil 322-8356 or civ (06181) 88-8356 to reserve your slot.

Interactive play group

New Parent Support hosts a play group every Tuesday from 10-11 a.m. at the Kid's Korner at the Wolfgang Shopping Center. Join an interactive play group that helps improve your child's social, cognitive and motor skills. The play group also teaches parents and children developmentally appropriate play. Call Donna Higgins, ACS New Parent Support, at mil 322-9664 or civ (06181) 88-9664 for details.

Play day with mommies

Büdingen Army Community Service hosts a "play day with mommies" every Monday from 10:30-11:30 a.m. in Building 2207 on Armstrong Barracks. This play group is for babies six months and older and pre-school kids. Call mil 321-4786 or civ (06042) 80-786 to sign up.

Middle school silent auction

Hanau Middle School holds a silent auction in the school cafeteria April 6 at 6:30 p.m. The auction will feature new items, old items and Polish pottery. Join the Hanau Middle School for fun and dinner. Call Trish Holt at civ (06181) 906 4307 for details.

School Liaison Office

The 414th Base Support Battalion School Liaison Office is located on Hanau's Pioneer Kaserne, Building 3, Room 125. Call the School Liaison Office at mil 322-9765 or civ (06181) 88-9765 for information or assistance.

Women's History Luncheon

The 16th Corps Support Group hosts a Women's History Month Luncheon March 29 from 11:30 a.m. to 1 p.m. at the Touch of Home Cafe on Hutier Kaserne. The lunch features steamship round, honey glazed Cornish hen, baked fish as well as a large variety of side dishes, salads and desserts for \$3.50. Call Sgt. 1st Class Sanders at mil 323-2998 for information.

Hanau Boy Scouts

Troop 49 meets Thursdays from 7-8:30 p.m. in Building 40 on Hanau's Pioneer Kaserne. Boys from sixth grade through high school are welcome. Call Diana Ruzicka at civ (06181) 939 8352 for details.

Army Family Team Building classes

AFTB offers **Level I training** April 28-29, **Level II** May 10-12, **Level III** May 16-18 and **Instructor Training** June 7-9 from 8:30 a.m. to 2:15 p.m. **Level II Soldier Track** will be offered April 25-29, **Level III Soldier Track** from May 16-20 (five promotion points per track). The Soldier track classes are held from 6-9:15 p.m. Call mil 322-5308 or civ (06181) 88-5308 to sign up and for child care if needed. Child care must be reserved one week before each level. Classes take place in the Building 514 conference room at the Wolfgang Shopping Center. AFTB is also looking for instructors or master trainers.

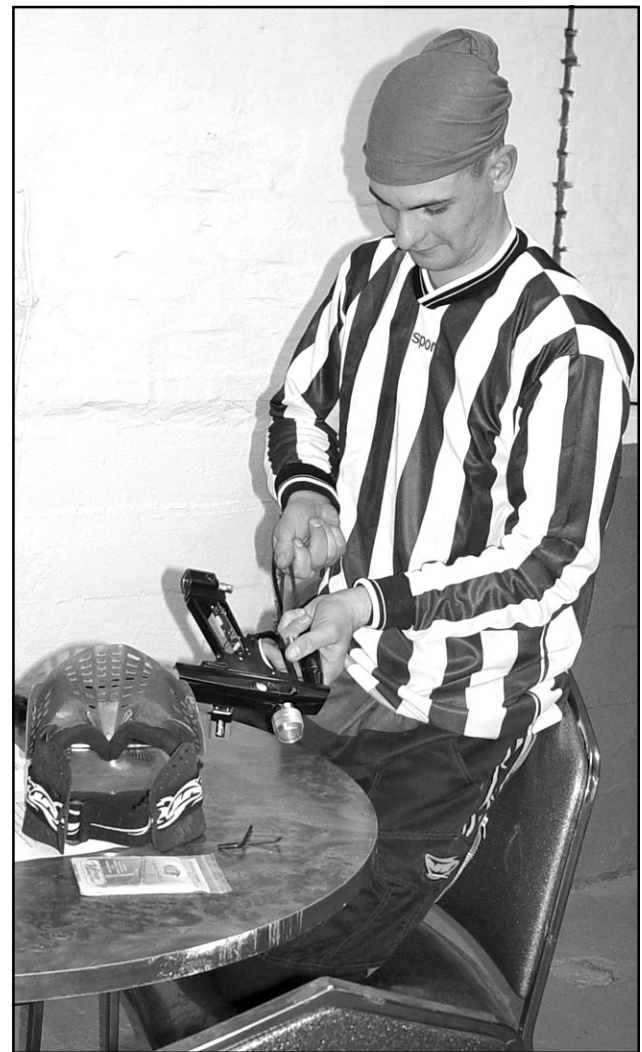


Photo by Marie DeLopez

Spc. Adam Klein prepares his paintball gear before going into battle at Grossauheim Kaserne's Splat Extreme Indoor-Outdoor Paintball Facility. See below for details on that and another paintball facility on Fliegerhorst Kaserne.

Indoor/outdoor paintball

Just because it's cold outside is no reason to stop playing paintball. Head over to the indoor/outdoor paintball facility in Building 637 on Grossauheim Kaserne this month to check out the Splat Xtreme Indoor-Outdoor Paintball Facility. The outdoor facility on Fliegerhorst Kaserne will open in April as well. For information on hours of operation call Outdoor Recreation at civ (06181) 88-8891 or mil 322-8891

Veterans Affairs briefings

Veterans Affairs briefings will be held March 29 and April 26 from 9-11:30 a.m. at the Education Center, Building 11, Room 302 on Pioneer Kaserne. All veterans and retirees are welcome. Contact ACAP at mil 322-8356 or civ (06181) 88-8356.

'Bring on the baby' class

A free three-day course for expectant parents focusing on labor and delivery education, relaxation tips, newborn care and breastfeeding information will be conducted April 6, 13 and 20 from 9 a.m. to 2 p.m. at the Wolfgang Outreach Center, Building 514, at the Wolfgang Shopping Center. Spouses are encouraged to attend. Call mil 322-8965 or civ (06181) 88-8965 to reserve your slot.

Religious comedian to perform

The Hanau Chapter Protestant Women of the Chapel will feature comedian Dennis Swanberg, "America's minister of encouragement," March 31 from 9-11:30 a.m. at the Pioneer Chapel. Free watch care for children age 5 and under. Call civ (06181) 575 775 for details. Swanberg will also perform at a Prayer Breakfast at the Touch of Home Cafe Dining Facility on Hutier Kaserne March 31 at 7 a.m. and at Pioneer Chapel March 31 from 1-2:30 p.m. Call Chaplain (Maj.) McClearn at mil 323-3067 or civ (06181) 180-3067 for details.

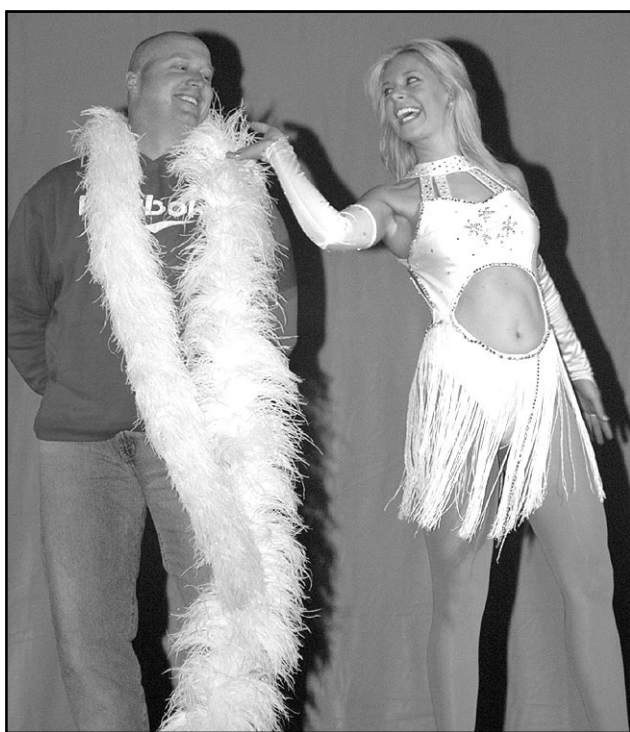


Photo by Gene Knudsen

Hanging out with the Dallas cheerleaders

Chief Warrant Officer 3 Greg Riggins of Hanau's 19th Maintenance Company was just one of the crowd before he was chosen to step up on stage and perform with the Dallas Cowboy cheerleaders during their visit to the Mannheim Sports Arena March 11. The free show sponsored by the USO was well attended by young and old alike. "It means so much that these professional entertainers will come overseas for us, and it really shows their support," said Riggins. "I've always been a Cowboys fan, and being onstage with these beautiful girls was a dream come true."

414th BSB – Büdingen, Hanau

Community notes . . . Community notes

FRG training

Training for current and incoming Family Readiness Group leaders and family members will be held March 29-30, May 26-27 and June 28-29 at the Women, Infants, Children-Overseas Office in the Wolfgang Outreach Center, Building 514, at the Wolfgang Shopping Center. Call Amy Cuebas at mil 322-8766 or civ (06181) 88-8766.

Give to AER

The 2005 Army Emergency Relief campaign "One Nation, One Army, One Organization" runs through May 15. Members of the Hanau community can help their own by donating. Call mil 322-8097 or civ (06181) 88-8097 for more information.

Monthly Praise Fest

The Fliegerhorst Contemporary Service hosts a community praise fest April 3 and May 1 at 7 p.m. at the Fliegerhorst Chapel on Fliegerhorst Kaserne. The monthly praise fest is an inter-denominational event that features contemporary style Christian music. Child watch care is provided for children up to age 3. For information call Chaplain (Maj.) Arley Longworth at mil 322-9609 or civ (06181) 88-9609.

New Hanau Explorer

Pick up the latest edition of the *Hanau Explorer* at various public places such as the Commissary, PX, ACS or USO. For questions, comments or feedback on the *Hanau Explorer* call mil 322-1600/9102, civ (06181) 88-1600/9102 or email paofeedback@hanau.army.mil.

New Büdingen Library hours

Büdingen Library on Armstrong Barracks is testing new hours of operation which continue through April 30. They are Monday 11 a.m. to 6 p.m., Wednesday 11 a.m. to 6 p.m., Thursday noon to 7 p.m., Friday 11 a.m. to 6 p.m. and Saturday 11 a.m. to 4 p.m. Customers can stop by the library and give their feedback. After the test period permanent hours of operation will be established. Call the Hanau Library at mil 322-9657, 322-9033 or 321-4739.



Photo by Marie DeLopez

Hanau Army Community Service officials invite everyone to stop by their new facility in Building 19 on Pioneer Kaserne to learn more about the many services available.

Security Office relocates to Yorkhof Kaserne

The 414th Base Support Battalion Security Office has moved to Yorkhof Kaserne, Building 1207, third floor. New telephone numbers are Fingerprinting/In- and Outprocessing mil 323-2368, civ (06181) 180-2368; Personnel Security/Operations Security mil 323-2704, civ (06181) 180-2704; Informa-

tion and Community Security, mil 323-2011, civ (06181) 180-2011; FNSP Adjudication/Intel Support to Force Protection, mil 323-2327, civ (06181) 180-2327.

Outdoor Rec and VAT Office move back to Old Argonner Kaserne

Outdoor Recreation Leisure Travel has returned to its old location on Old Argonner Kaserne, Building 459. The new opening hours are Monday, Tuesday, Wednesday 10 a.m. to 6 p.m.; Thursday noon to 8 p.m.; Friday 10 a.m. to 6 p.m.; Saturday, Sunday and holidays closed. Call Outdoor Recreation at mil 322-8891 or civ (06181) 88-8891 for information.

The Hanau Value Added Tax Office has relocated back to Old Argonner Kaserne from the Community Activity Center on Fliegerhorst Kaserne. It is now located again in Building 454, Room 12. Hours of operation are Monday to Friday from 8 a.m. to 5 p.m. Call mil 322-9615/9616 or civ (06181) 571 044.

Central Texas College openings

Central Texas College is looking for candidates to fill the following positions: facilities administrator, Army Learning Center operator, test administrator, counselor aide. Visit Rick Kirby on Pioneer Kaserne, Building 11, Room 219 or call mil 322-8314 or civ (06181) 88-8314.

New Education Center hours

The Education Center on Pioneer Kaserne is now open Monday, Tuesday, Wednesday, Friday from 7:30 a.m. to 4 p.m. and Thursday from noon to 4 p.m. During registration the opening hours are Monday through Friday 7:30 a.m. to 4 p.m.

Spouses Club scholarships

The Hanau Community Spouses Club offers scholarships to graduating high school students with a 2.5 grade point average or higher and family members of military ID card holders stationed in the 414th Base Support Battalion and enrolled in an accredited college or university. Applications may be picked up at the Pioneer Library, Hanau High School Guidance Counselors Office, Army Community Service or the Hanau and Büdingen Education Centers. Deadline to submit applications is April 18. For information email Carolyn Saul-Piper at carolyn.saulpiper@us.army.mil.

USO trips and more classes

Rhein Main Area USOs in Wiesbaden, Hanau, at Rhein-Main Air Base and the Frankfurt Airport feature the following upcoming tours and events: **Keukenhof Gardens** April 1-2 and 15-16; **Rhein River Cruises** April 3, 9, 17 and 24; **Warner Brothers Movie World** April 8; **Lloret de Mar** April 8-14; **Strasbourg** April 9; **Würzburg by Train** April 16; **Evelin's Wellness Paradise** April 16; **Belgian Ardennes** April 23-24; **Bavarian Castles** April 23 and **Trier By Train** April 30. Wiesbaden USOs also feature **hatha yoga**, **belly dance**, **basket weaving** and **cooking classes**. Stop by the USOs for more information.

'Pirates of Penzance,' 'The King and I'

Hanau's Five Pfennig Playhouse features Gilbert and Sullivan's "The Pirates of Penzance" March 31, April 1-2 at 7 p.m. Auditions for the "The King and I" will be held March 29 at 7 p.m. Pick up tickets at the Hanau USO or call mil 322-8725.

Hanau Tax Center open

The Tax Center in the basement of Building 2 on Pioneer Kaserne offers free tax filing and electronic filing for all authorized ID card holders. The Tax Center will stay open until June 15 with hours of operation Monday, Tuesday and Wednesday from 8 a.m. to 4:30 p.m.; Thursday from noon to 8 p.m.; Friday from 10 a.m. to 4:30 p.m. Clients are seen on a walk-in basis. Soldiers should come ready with W-2s, 1099s, Social Security numbers and direct-deposit information. If married couples are filing their taxes jointly, both spouses must be present to sign the return or present a valid power of attorney. Call the Tax Center at mil 322-9577.



Photo by Marie DeLopez

Military Police Appreciation Night

Hanau's Club i hosted a Military Police Appreciation Night March 15 for members of the 1-129th MP Company (Provisional), National Guardsmen from Missouri who took over the safety and security of the Hanau, Baumholder and Darmstadt communities as local MPs deployed to Iraq. The MPs enjoyed an evening of entertainment, music and refreshments as appreciation for their services since January 2004. The unit left Germany March 17 (see related story on page 1). Cpl. David Ashbrook (from left), Cpl. Richard Boley, Spc. Gabriel Rodenberg, Sgt. Bradley Gladbach and Spc. Travis Tipton enjoy the good times at the Community Activity Center on Fliegerhorst Kaserne.

414th BSB – Büdingen, Hanau

Support Soldiers key to gunnery success

Keeping the 1-1st Cavalry rolling during training

By Sgt. Christopher Stanis
1st Armored Division Public Affairs Office

Shooting the “big guns” has always been the focus of a gunnery rotation, but members of 1st Armored Division’s 1st Squadron, 1st U.S. Cavalry Regiment, know it takes more than the squeeze of a trigger to get a bullet downrange.

“You can’t move a tank if (the fuel) is empty, you need rounds of ammunition to fire weapons and Soldiers like to be fed,” said 1-1st Cavalry’s top enlisted Soldier, Command Sgt. Maj. David Davenport.

But sometimes mandatory ingredients in a recipe for achievement are forgotten.

“If the food is bad (at the dining facility) everybody knows about it; but if the food is good, the cooks don’t hear a thing,” said 1st Sgt. Graves, Headquarters and Headquarters Troop first sergeant.

“Everyone has a piece of the pie to make operations successful,” Graves said.

From the cooks to the mechanics, medics, fuelers or ammo handlers, everyone is adding a little extra filling to their slices.

The squadron’s dining facility, for instance, conducted 24-hour operations during training in Grafenwöhr.

“We leave out soup and coffee for any Soldier who wants to come in at night and get something hot to eat or drink,” said Pfc. Terry Johnson, a 127th Aviation Support



Photo by Sgt. Christopher Stanis
Sgt. 1st Class Richard Hoke (left), medic platoon sergeant, and Capt. Eric Klage, a physician’s assistant, examine the leg of Pvt. Dustin Johnson after he fractured his ankle in Grafenwöhr.

Battalion food service specialist who was attached to 1-1st Cavalry for the gunnery rotation.

Johnson said the extra touches do a lot for Soldiers’ morale because the dining facility gives them a place to “gather and unwind” while grabbing a snack, watching TV or playing cards.

Throughout the field exercise, the cavalry cooks served meals to 950 Soldiers.

“A lot of times it was hard work and long hours, but we were doing our job to make sure 1-1st Cavalry eats,” said Spc. Gregory Cason, a cook with HHT. “We go above and beyond the standard to put out quality meals.”

The commitment to the mission went far beyond chow time.

The squadron petroleum supply specialists pumped more than 100,000 gallons of fuel. The handlers at the ammunition holding area distributed nearly 500,000 rounds — everything from 5.56 mm to hand grenades and claymore mines for individual Soldiers, to 25 mm and 120 mm for the main guns of Bradley fighting vehicles and M1A1 Abrams tanks used during the exercise.

Continuing the circle of support, mechanics are needed to move the fuel and ammo.

“If people are trying to get a mission done we make the mission happen,” said Spc. James Avent, a

mechanic with 1-1st Cavalry. “If they go out there and secure the world ...



Photo by Sgt. Christopher Stanis
Sgt. Aaron Richards works on a Bradley fighting vehicle.

they need to be able to roll. Maintenance means movement.”

Even, and perhaps especially, the medics play a critical roll in a field exercise. A range can’t even go “wet,” or open for live fire, without a medic on site.

“We provide immediate attention if someone gets injured on the range,” said Spc. Ryan Willingham, a 1-1st Cavalry medic.

Willingham said if the injury is minor, the Soldier can wait on the range until it is cleared; otherwise he can be taken off the range immediately, or a nine-line medical evacuation request can be called in for serious injuries.

Over the course of gunnery the squadron’s medics treated more than 400 patients.

With the services provided by the Combat Service Support Soldiers, it’s no wonder a field exercise can’t happen without them.

“The CSS elements have done an excellent job supporting this gunnery rotation,” said Lt. Col. John Peeler, 1-1st Cavalry commander. “We can’t do this without them.”

JCAHO inspection, new patient data system

Health Clinic commander looks forward to challenges



Photo by Ulrike Raab
Lt. Col. Jeffrey Foe greets the clinic staff during his assumption of command.

By Charles Ward
Heidelberg Hospital Public Affairs Office

“I am so lucky. I now have the opportunity to work at the clinic level, and, believe me, I am ready to go back to working directly with Soldiers.”

With these words Lt. Col. Jeffrey Foe described his thoughts before assuming command of the Hanau Health Clinic March 10.

Coming from the medical headquarters for U.S. Army Europe in Heidelberg, the European Regional Medical Command, Foe said he eagerly anticipated the work ahead. “We will continue to provide the quality health care that the clinic already has a reputation for providing.”

Foe served ERMC for more than three years so he knows the theater medical infrastructure very well. Even at the clinic level, he

knows that this knowledge of higher and theater-wide assets will be of great help. While at ERMC he served in various jobs, including chief of Current Operations and as assistant deputy commander.

Hailing from Wyoming, Foe began his military career in the Army National Guard. His career now spans more than 20 years. Various assignments have taken him throughout the United States with stations at Fort Riley, Kansas; Fort Hood, Texas; and Fort Drum, N.Y. Overseas duty has taken him to assignments in Kuwait, Iraq and Honduras.

Challenges ahead include the Joint Commission Association of Health Organizations inspection in early May and the fielding of the Composite Health Care System, a completely new software database for management of all patient information.

“I know the people and some of the key folks at the Hanau clinic. They have been working very hard to get ready [for the joint commission] and now on this new fielding. Lt. Col. [Diana] Rupertka is all over JCAHO. She’s been holding down the fort and pushing the rest of the staff to knock down the JCAHO hurdles.”

Rupertka serves as the Hanau Health Clinic chief nurse.

Foe said he also sees the value of close ties with local host nation medical providers.

“We use one another to help leverage medical position vacancies or gaps in health care,” Foe said. “We have to rely on their help. The Hanau clinic is a primary care facility. Our hosts here in Germany offer a variety of care facilities. So we will take advantage of what they offer as well as involving ourselves in partnership events.”

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Buffalo Soldier museum curator Marshall Dunston explains a mockup of Fort Larned, Kansas, home to Troop A of the 10th Cavalry Regiment, to Argonner Elementary second-graders. Right: students pose as Buffalo Soldiers during a visit.



Students learn about Buffalo Soldiers

Story and photos by Karl Weisel
104th Area Support Group Public Affairs Office

There were a lot of “noooooos” and “I can’t believe it” at the Buffalo Soldier Museum on Hanau’s Old Argonner Kaserne March 22.

Students in Brenda Hoff’s second-grade class at Argonner Elementary School were reacting to museum curator Marshall Dunston’s description of life on the wild frontier of America’s West for members of the 9th and 10th Cavalry, 24th and 25th Infantry Regiments.

“How would you like to have lived in those days? Do you think they had microwave ovens or televisions? Who gave the Buffalo Soldiers that name and what did it mean?”

As Dunston explained how segregation was still an unhealthy part of American life after the Civil War, he described Congress’ enactment of a law authorizing the creation of

African-American Army regiments to be used to help clear the way for settlers in America’s Wild West.

“After the Civil War America was expanding west but there was a problem, they had to move the Native Americans out of their way. Plains Indians, known as the Cheyenne, gave these black American Soldiers the name Buffalo Soldiers as a sign of respect because the buffalo was sacred to them,” Dunston explained.

“What I call the American Civil War No. 2 was this war with the native population — Americans versus Native Americans,” he said, explaining that cavalry and infantry Soldiers from the regiments fighting Native Americans learned a lot from their foes including using the hides and furs of buffaloes as clothing.

The Buffalo Soldiers guarded settlements and railroads and fought many battles with

the plains Indians. Members of the units also fought in the Spanish-American War and battled Mexican Pancho Villa. Their bravery in the face of harsh conditions — often serving with few supplies including food — and ability to perform the mission no matter what they were asked to do has been well documented, according to historians.

“What was the primary mode of transportation for the Buffalo Soldiers?” Dunston asked his spellbound audience of second-graders. “LPCs — Leather Personnel Carriers (or boots),” he explained. “

A lot of people are also not aware that the bicycle played a large role for the military.” Like the Viet Cong during the Vietnam War, Buffalo Soldiers used the two-wheeled conveyance to transport supplies and travel great distances through challenging terrain, Dunston said.

For the second-graders and other stu-

dents who passed through the 9th and 10th (Horse) Cavalry Buffalo Soldier Museum in the past few weeks, the visit was more than simply a look at the history of the Buffalo Soldiers. As Dunston described the life and times of Soldiers on the open frontier he also shared anecdotes about the first female Soldier to serve with the regiments (she also fought in the Civil War and was discharged after suffering an illness and being discovered by a doctor) and the extensive knowledge of the Native Americans encountered by the Soldiers.

“It’s fun working with the students,” said Dunston, adding that he would like it more if more people showed an interest in the museum.

Located in Building 409 on Hanau’s Old Argonner Kaserne, the facility welcomes individuals and groups. For more information stop by the museum or call Marshall Dunston at mil 322-9687, civ (06181) 88-9687.



Getting down with the 76th Army Victory Jazz Orchestra

Sportfield Elementary School teacher Sarah Starkovich (from left), Gelnhausen Elementary School teacher Brian Herndon, Sportfield’s Nancy Morris and Gelnhausen’s Galen Nagel provide backup accompaniment on the song “Twist and Shout” at Sportfield Elementary School March 11. The V Corps band performed at the school as part of Music in the Schools Month. Their repertoire included everything from jazz to pop music.

Photo by Kevin Morris